

There's a lot going on at Lehigh Valley Health Network. In case you didn't catch all the latest news, here's a recap of what happened this week. Here are links to Mission Central posts, the latest issues of CheckUp and Magnet Attractions, and Lehigh Valley Health News, our blog on LVHN.org containing timely information and health network news. You also can link to Mission Central's "Contact Us" page where you can comment about anything, including this email, ask a question or share a story.

## [Health Center at Bangor Celebrated With Ribbon-Cutting: Community Open House Tomorrow](#)

See media coverage and a photo gallery of the Health Center at Bangor ribbon cutting ceremony.

## [Opening of Our New Center for Orthopedic Medicine](#)

All colleagues are invited to tour LVHN-Tilghman Monday, Feb. 3.

## [Important Upcoming Change for API Time and Attendance System](#)

Learn how the change will affect non-exempt (hourly) colleagues.

## [Learn About Our New Orthopedic Marketing Campaign – VIDEO](#)

Discover where you will see and hear "Orthopedics in action."

## [Take the Children's Hospital Awareness Survey](#)

All inpatient and outpatient colleagues can participate and help promote a child-friendly environment.

## [Third Core Bundle on The Learning Curve](#)

It will be available in February and must be completed by March 31.

## [Meals on Wheels Honors LVHN With Community Partnership Award](#)

It recognizes colleagues who visit Meals on Wheels clients and give them gifts, like tabletop holiday trees.

## [Wellness: Breathe In. Breathe Out](#)

Learn how to use breathing and relaxation exercises when you feel stressed.

## [A SmartSet is a Click Away](#)

SmartSets will make our jobs easier when we begin using the new Epic EMR.

## [Robert Morrow, MD, Promises His Neurosurgery Expertise - VIDEO](#)

"If you come to see me and allow me to care for you, what I can promise you is 100 percent of my attention and my expertise," he says.



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**READ LEHIGH VALLEY HEALTH NEWS**  
a blog on LVHN.org containing  
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## Health Center at Bangor Celebrated With Ribbon-Cutting; Community Open House Tomorrow



Lehigh Valley Health Network celebrated the opening of its 11th [health center](#) with a ribbon-cutting ceremony Thursday. The community is invited to an [open house](#) to tour the new [Health Center at Bangor](#) noon to 3 p.m. Saturday before it opens Monday.

The health center brings several services to one convenient location for Slate Belt residents, including cancer and cardiology specialists, infusion services, ExpressCARE, blood testing, screening mammography, physical therapy, diagnostic testing and home sleep studies.

The space in Bangor Plaza in Washington Township, Pa., previously was home to the Majestic Athletic Factory outlet. More than 30,000 square feet have been remodeled for the first phase of the transformation. Get a look at the patient care areas in the slideshow above.

We are now accepting appointments at the Health Center at Bangor. Call 610-402-CARE to schedule your visit.

Check out this media coverage of Thursday's ribbon-cutting:

- [Lehigh Valley Health Network's new Slate Belt facility is ready for first patients – with PHOTOS](#)(lehighvalleylive.com)
- [Ribbon Cut for Health Center at Bangor](#) (Slate Belt Town Topics)

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- Denver Broncos
- Seattle Seahawks

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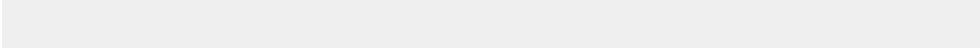
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## Opening of Our New Center for Orthopedic Medicine

\*\*\*This message is from Ron Swinfard, MD, president and chief executive officer, and Brian Leader, vice president, orthopedic and periop services\*\*\*

I am excited to announce that, pending final inspection by the Pennsylvania Department of Health, we will open the new Center for Orthopedic Medicine on our Lehigh Valley Health Network (LVHN)-Tilghman campus on Wednesday, Feb. 5.



A conceptual picture of new LVHN signage at the Center for Orthopedic Medicine at Lehigh Valley Health Network – Tilghman.

The new center will be LVHN's first standalone orthopedic hospital. The center's primary focus will be on total joint replacements and spinal surgeries. Lehigh Valley Hospital is ranked among U.S. News & World Report's Best Hospitals for Orthopedics and handles more than 38 percent of all inpatient orthopedic cases in our region. This new center at LVHN-Tilghman presents a location that is more convenient for patients and their primary care providers.

All LVHN colleagues are invited to take a tour and learn about the services being offered at LVHN-Tilghman on Monday, Feb. 3, from 5-7 p.m. To RSVP, please call 610-402-CARE.

During the tours, guests can see the new orthopedic hospital, learn about the orthopedic services we offer and meet the staff. The tour also will include a visit to the new ExpressCARE (walk-in care) location at LVHN-Tilghman,, which will be open from 8 a.m.-8 p.m. every day to serve patients with common illnesses and minor injuries. This will be LVHN's ninth location to offer ExpressCARE.

LVHN-Tilghman is located at 4815 Tilghman St. in Allentown in the former Westfield Hospital.

This entry was posted by [Admin](#) on January 16, 2014 at 1:58 pm, and is filed under [Get News](#), [Learn](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

### One comment

Ann Marie Schlottman 14 DAYS AGO

Hello — I wish LVHN luck with this new project. Can you please tell me what orthopedic group/doctors will be performing surgeries at the new location? Thank you!

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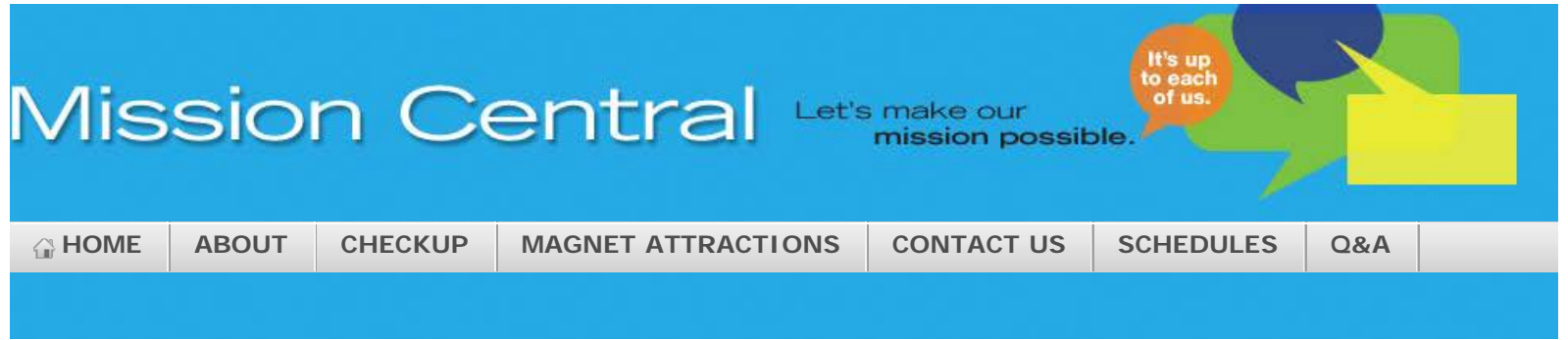
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# Important Upcoming Change for API Time and Attendance System

**This message is from Anne Panik, senior vice president, patient care services; Debby Patrick, senior vice president, human resources; Harry Lukens, senior vice president and chief information officer; Glenn Guanowsky, vice president, legal services; and Rob Thomas, vice president, finance**

In the interest of efficiency, we have reviewed some of our current policies regarding the implementation of the [API Time and Attendance System](#) here at LVHN. Coming soon we will be making an important change that will affect all non-exempt (hourly) colleagues currently on API, and will affect non-exempt colleagues who currently are being trained.

The API system currently requires non-exempt colleagues to badge-in and badge-out for their 30-minute uninterrupted meal break. In the next few weeks this will change to an automatic 30-minute meal deduction. That means, starting soon, you will no longer have to badge-in and badge-out for your meal break.

The API system will continue to ask you at the end of your shift whether or not you received a 30-minute uninterrupted meal break. Non-exempt employees will be required to answer that question. Failure to answer the meal break question will create a critical message in the API system that will require correction in order for the employee to be paid for the pay cycle. By doing this, non-exempt employees are expected to take responsibility to ensure that they are being correctly paid by answering this question truthfully.

To make this change to an automatic meal deduction, our API team will need to reconfigure the current system, and that could take several weeks. For now all non-exempt colleagues must continue to badge-in and badge-out for meal breaks. As soon as this officially changes in the system we will notify you by email. But we are letting you know now so you are aware this change is coming.

Thank you again for helping us to implement the API Time and Attendance System and helping us ensure that you are paid accurately for all time worked.

This entry was posted by [Admin](#) on January 27, 2014 at 3:00 pm, and is filed under [Get News](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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## Learn About Our New Orthopedic Marketing Campaign – WATCH



Orthopedics in action.

Lehigh Valley Health Network

An Orthopedics in Action campaign billboard for ACL surgery.

Beginning Jan. 27, you're going to be seeing and hearing "Orthopedics in action" around the Lehigh Valley. That's the tagline for our new marketing campaign.

Why are we telling the people of our community about our orthopedic services? In 2013, Lehigh Valley Hospital ranked among the nation's top hospitals on U.S. News & World Report's Best Hospitals list for orthopedic care. And on Feb. 5, we will open the new Center for Orthopedic Medicine at Lehigh Valley Health Network-Tilghman. This campus will be devoted to serving this area's growing demand for orthopedic care.

The campaign is designed to show the depth and breadth of our orthopedic services, while also allowing us to connect with a variety of demographics. "Orthopedics in action" can refer to an older patient who can again move without pain following a total hip replacement, a weekend warrior back on the field after having a knee replacement, or a young soccer player scoring the game-winning goal after recovering from an ACL tear. It also can refer to our new Center for Orthopedic Medicine facility at LVHN-Tilghman, where such procedures will happen regularly.

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Bones and Joints

Replacing your joints, not your goals

Our fellowship-trained surgeons will get you back to the life you love

Conditions We Treat

Arthritis (Inflammation)

Back, Neck and Head

Elbow Issues

Foot and Ankle

Fractures

Hand

Meniscus and Ligament

Shoulder and Elbow

Spine

Systemic Lupus Erythematosus

Need Help?

610-403-CARE (2723)

Our staff is here to help you with your care.

LVHN Fitness

The Bones & Joints hub can be accessed by visiting

You'll be hearing about "Orthopedics in action" [on the radio](#), TV, in print, web and [billboard ads](#), in bus shelters and on social media. Advertisements are directing community members to visit [LVHN.org/ortho](#) to learn more. We've added new information to the "Bones and Joints" section of our website to describe the care orthopedic patients can expect from our health network. People can read about the [breadth of services we offer](#) – from surgery to sports performance – and [find the facilities](#) where they're available. They'll learn who is on their [care team](#), [how to prepare for their appointments](#) and

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[LVHN.org/ortho](http://LVHN.org/ortho).

more. Also on the website, new pages describe [total joint replacement surgery](#) and the [team of specialists](#) from which patients can choose.

Those who are tech savvy may notice #OrthoInAction popping up on LVHN social media channels. In March, we will launch a contest tied to the orthopedics campaign exclusively on social media. We will be asking members of our community to submit photos, videos and stories of what “Orthopedics in action” means to them.

So keep an eye out for “Orthopedics in action.” It will be hard to miss.

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**Orthopedics in action: Hips commercial;  
View all [campaign commercials](#) on YouTube.**

Listen to the Orthopedics in action radio ads:

- [ACL](#)
- [Knee](#)
- [Hip](#)
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This entry was posted by [Ted Williams](#) on January 28, 2014 at 3:20 pm, and is filed under [Get News](#), [Watch](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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## Do you interact with kids? Take the Children's Hospital Awareness survey

How comfortable are you working with children in your everyday job?

Our Staff Education/Parent and Family Education workgroup, which is part of Children's Hospital at Lehigh Valley Hospital, would like all Lehigh Valley Health Network (LVHN) inpatient and outpatient

colleagues to participate in a survey. We will ask you questions about your knowledge and experience interacting with children and their families.

Your input will help us promote a child-friendly environment throughout our entire health network. We're taking the survey because we all may have the opportunity to interact with children and their families.

The survey will take about 5-10 minutes to complete. Simply click on the link below or cut and paste the entire URL into your browser to access the survey:

<http://lvhwebapp3/WebPublic/SelectSurveyNET/TakeSurvey.aspx?SurveyID=92K13n42>

Please complete this survey by **Feb. 28, 2014**. The survey will not be available after this date. If you have any questions about the survey, please email [ladene.gross@lvhn.org](mailto:ladene.gross@lvhn.org).

The Staff Education/Patient & Family Education workgroup thanks you in advance for your participation and assisting us to continue to improve LVHN's child-friendly environment.

This entry was posted by [Ted Williams](#) on January 29, 2014 at 9:41 am, and is filed under [Learn](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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*a service of Lehigh Valley Hospital*

[Click here](#) to take the survey.

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## Third Core Bundle on The Learning Curve

The third core bundle of fiscal year 2014 will be available in The Learning Curve (TLC) in February. The mandatory training must be completed by March 31, 2014. The third-quarter bundle includes courses about The Joint Commission's 2014 regulations. Based on your job responsibilities, you will be assigned the clinical, non-clinical or home care version of the bundle.

To access the bundle, click the TLC icon on your SSO toolbar. Your assignment will be listed on the "To Do" list on your Learner home page. This is the third of four bundles that will be available in fiscal year 2014. Future release and deadline dates will be posted on Mission Central.

This entry was posted by [Rick Martuscelli](#) on January 28, 2014 at 9:30 am, and is filed under [Get News](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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## Meals on Wheels Honors LVHN with Community Partnership Award



Meals on Wheels presented its Community Partnership Award to our health network last week.

They typically are only a few feet tall, but these little bundles of joy have a way of making spirits soar. For the past 12 years, teams of colleagues have decorated nearly 400 tabletop trees for clients of Meals on Wheels of Lehigh County who otherwise would not have a tree. The trees, which often include hanging cash “ornaments” and gift cards, are [displayed in the Center for Healthy Aging](#) at Lehigh Valley Hospital-17th Street before being delivered in mid-December.

This annual generosity is one of the reasons Meals on Wheels presented its

Community Partnership Award to our health network during its Annual Meeting last week.

“We are fortunate to be one of the recipients of the good works that LVHN does for our community,” said Meals on Wheels executive director Pam Bechtel. “The employees who participate with Meals on Wheels show incredible generosity and go the extra mile. LVHN truly deserves this award.” Bechtel said some clients love their holiday trees so much they leave them up year-round.

In addition to the tree event, Bechtel noted that three teams of LVHN colleagues regularly volunteer for Meals on Wheels. The teams have delivered more than 5,700 meals to nearly 3,400 homebound seniors and adults with disabilities. Bechtel also thanked LVHN for supporting Meals on Wheels fundraising events.

This entry was posted by [Gerard Migliore](#) on January 29, 2014 at 3:00 pm, and is filed under [Get News](#), [Help Others](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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## Wellness Wednesday – Breathe In, Breathe Out



In December, you learned why it's important to make time for "you time" to reduce stress. However, stress can strike when you can't take a long break to clear your mind. "Too often, the demands of the day continue nonstop," says Susan Wiley, MD, co-founder of Lehigh Valley Health Network's Center for Mindfulness. "At the end of the day, you feel exhausted – as if you just pushed across an Olympic finish line – only to race again the next day."

One way to help ease stress without disrupting your busy schedule is to use breathing and relaxation exercises.

**This week's Wellness Wednesday challenge:** Utilize breathing and relaxation exercises when you feel stressed at work or home.

"Create regular breathing spaces throughout the day," Wiley says. "You'll be able to maintain your mental clarity and have more ease in your body." Do breathing and relaxation exercises during regular activities that allow you to easily take a momentary pause, such as:

- Between patient encounters
- Logging on to your computer
- Waiting for the elevator
- During a bathroom break

Here's how to perform a breathing and relaxation exercise:

- **Pause** from the usual flow of activity. Like shifting a car from drive to neutral, shift from "doing" to "being."
- **Relax** your body. Let go of extra effort and strain in the face, shoulders back and hands.
- **Breathe.** Bring your attention to your breath. Let go of tasks, mental planning and reviewing. Allow your attention to rest for three full breath cycles.

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If you want to learn more skills, our Center for Mindfulness has classes to help. [The Mindfulness-Based Stress Reduction](#) class has information sessions March 18, 25 and 27 at the Lehigh Valley Hospital-Muhlenberg Frank Banko Education Conference Center.

Remember, if your stress feels overwhelming, talk to your primary care physician.

Did you try a breathing exercise? Leave a comment and let us know how you're using these tips to help relieve stress.

*Have you participated in the [FY14 People Goal](#)? Go to [MyPopulytics.com](#) and set your own wellness goal. Not only will setting your goal keep you healthier, but it also will make you eligible to win monthly prizes and a grand prize at the end of fiscal year 2014. When you're healthy, you're at your best for colleagues, patients and their families. Help LVHN serve as a role model by taking steps to improve your wellness.*

This entry was posted by [Amanda Coe](#) on January 29, 2014 at 1:00 pm, and is filed under [Live Healthy](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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It's up to each of us.

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## A SmartSet is a Click Away

Since Lehigh Valley Health Network announced the transition from our myriad electronic medical record (EMR) systems to the Epic EMR, all you keep hearing is how much easier your job will be with Epic. But how?

Here's one reason – SmartSets. A SmartSet is a useful tool that will allow you to complete routine patient encounters on a single screen. You read that right – one screen!



SmartSets will trigger automatically when you enter a patient's chief complaint, such as stomach pain, or you can choose from the SmartSet menu of common illnesses and conditions.

Without leaving the screen, you will be able to:

- Pick the correct diagnosis
- Select the level of service
- Place orders for medications, labs and referrals
- Request follow-up
- Bill for the procedure
- Complete your progress note(s)

So say good-bye to clicking between multiple screens! With SmartSets and Epic's other streamlined features, we improve health care at LVHN one click at a time.

This entry was posted by [Jenn Fisher](#) on January 30, 2014 at 9:30 am, and is filed under [Get News](#), [Learn](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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**Which team will win the Super Bowl?**

Denver Broncos  
Seattle Seahawks

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[« Do you interact with kids? Take the Children's Hospital Awareness survey](#)

Wellness Wednesday – Breathe In, Breathe Out [»](#)

## Robert Morrow, MD, Promises His Neurosurgery Expertise

We are producing videos of our doctors and advanced practice clinicians (APC) to help our community find trustworthy health care providers. We will share them here to introduce you to these colleagues. You'll learn about their personality, philosophy of care and inspiration for practicing medicine. These videos are embedded in our website's [Find a Doctor](#) tool, where you can learn about each provider's educational background and more. Enjoy!

[Robert Morrow, MD](#), feels most rewarded when he can cure or greatly improve the course of someone's life-threatening disease.

The board-certified neurosurgeon with [Neurosurgical Associates of LVPG](#) wants you to know he has a lot of experience doing just that.

"If you come to see me and allow me to care for you, what I can promise you is 100 percent of my attention and my expertise," he says.

Learn more about him with this video.



This entry was posted by [Alyssa Young](#) on January 29, 2014 at 10:28 am, and is filed under [Connect with Colleagues](#), [Watch](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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